

ASN Publications

Advances in Nutrition July Media Alert

The following articles were published in the most recent issue of [Advances in Nutrition](#), a publication of the American Society for Nutrition which publishes review articles that highlight the significance of recent research in nutrition and illustrate the central role of nutrition in the promotion of health and prevention of disease. Click on the titles below to read the entire press release and also access the full texts of the studies. To arrange interviews on these topics, email media@nutrition.org.

Just Because It's Processed Doesn't Mean It's Bad for You

The article addresses widely held misconceptions about processed foods by demonstrating that processed fruits and vegetables do make important dietary contributions.

[Read the full text study.](#)

Can Social Marketing Reduce the Incidence of Childhood Obesity?

The authors believe that social marketing should be a key tool for preventing childhood obesity by improving eating and exercising habits.

[Read the full text study.](#)

Researchers Able to Predict the Health Benefits of Specific Diets

Until recently, predicting and evaluating the effect of diet on human cellular defense systems has been hampered due to the difficulties in accessing and examining target tissues.

[Read the full text study.](#)

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Contact ASN

Suzanne Price
Communications Director
9650 Rockville Pike
Bethesda, MD 20814
media@nutrition.org 301-634-7235

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